

Constipation Remedies

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Psyllium husk

This is a soluble fibre. It creates a gel when combined with water so it's important to drink it as soon as it has been added to water.

Place 1 heaped teaspoon into a glass of water and drink. Ensure you drink plenty of water throughout the day.

Prune juice

Prune juice can work really fast. The best way to use it is to drink a glass of water thirty minutes before drinking one glass of prune juice. Follow this with another glass of warm water. Stay near a toilet.

Warm water with a squeezed lemon

Squeeze a lemon into some lukewarm water and drink

Figs

Eat a few figs at the start of your day. This will help to improve bowel movements.

Apples

Ever heard the saying, an apple a day keeps the doctor away. Eating an apple at the start of everyday can help with bowel movements. The pectin in the apple is the secret behind it.

Slippery elm powder and/or marshmallow root

Follow the directions on the packaging. I use parts when using herbs. 1 teaspoon of Slippery elm powder and one teaspoon of marshmallow root in water. Bring to the boil. Allow to cool and then drink.

*CAUTION! It is not known if slippery elm is safe during pregnancy. Marshmallow root may be safe, please consult with your doctor or herbalist.

WATER

Simply drinking more water can prevent constipation. Carry out a basic self-assessment to see that you are drinking enough and that it is properly spaced between meals. Water should be consumed a maximum of 30 minutes before a meal and two hours after a meal. Try not to wait until you are thirsty before drinking water. Herbal tea should be used for medicinal purposes.

*Always consult a doctor before making any dietary changes or before using herbs.